

THE IBD-AID GOOD FOOD CHECKLIST

The IBD-AID taps into the power of food to heal our bodies. This list a summary of different food categories that you should try to eat every day to optimize your health and well-being. Print this checklist and stick it on your fridge or kitchen cupboard as a daily reminder to keep you on track. See the key starting on the following page for a list of what foods fall into each category, serving sizes, and what's permitted in each Phase. Your goal is to eat at least these many servings, or as your nutritionist or doctor advise.

GOAL: Try to check off all the boxes every day!

1. Probiotic Foods ☐ ☐ ☐
2. Prebiotic Foods/Soluble Fiber ☐ ☐ ☐
3. Healthy Fats ☐ ☐
4. Vegetables. ☐ ☐ ☐ ☐ ☐
5. Fruits. ☐ ☐ ☐
6. Lean Proteins ☐ ☐ ☐
7. Herbs (have nutrients similar to
greens, enjoy!)
8. Beverages. ☐ ☐ ☐ ☐ ☐ ☐ ☐

NOTE: Some foods fall into more than 1 category. In attempting to meet your daily checklist, only count each food in 1 category for the day. For instance, kidney beans are categorized as both a protein and a prebiotic/soluble fiber; only check one of those boxes for each serving you have.

Key: phases listed beside food item. "All" means food allowed in all phases.

ESSENTIAL EIGHT KEY

FOOD	SERVINGS	SERVING SIZE	OPTIONS		
Probiotic Foods	3+ servings	1/2 cup	<ul style="list-style-type: none"> ✓ Cheeses, aged (Asiago, Blue, Brick, Brie, Camembert, Colby, Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss) (limit due to saturated fat) (all) 	<ul style="list-style-type: none"> ✓ Cottage cheese, <i>cultured</i> (all) ✓ Fermented dill pickles (3) ✓ Fermented cabbage (sauerkraut, kimchi) (3) ✓ Fermented vegetables (3) ✓ Honey, raw for probiotics (all) ✓ Kefir (all) 	<ul style="list-style-type: none"> ✓ Microalgae (all) ✓ Miso, refrigerated, with live cultures (all) ✓ Tempeh (2,3) ✓ Yogurt, plain, live cultures, regular or Greek (all)
Prebiotic Foods/ Soluble Fiber (may need to adjust textures and cooking according to phase)	3+ servings	1 medium whole fruit 1/2 cup vegetables 1/4 cup nuts/seeds 1 tbsp chia/flax/hemp	<ul style="list-style-type: none"> ✓ Algae, blue-green, spirulina, powdered or pureed (all) ✓ Artichokes (2,3) ✓ Asparagus (2,3) ✓ Barley (non-celiac pts) (2,3) ✓ Beets (caution Phase 1) (all) ✓ Bananas (all) ✓ Beans (Aduki, Black, Chickpeas, Garbanzo, Haricot, Kidney, Lima, Navy) (3) ✓ Beans pureed, well cooked (Aduki, Black, Garbanzo, chickpeas, Haricot, Kidney, Lima), as tolerated (2,3) ✓ Blueberries (2,3) ✓ Cabbage (3) ✓ Carrots (all) ✓ Cassava/ yuca root (2,3) ✓ Celery root (2,3) ✓ Chard, w/ stems (3) ✓ Chard, leaves only (2,3) 	<ul style="list-style-type: none"> ✓ Chia (all) ✓ Chicory root (3) ✓ Chicory root, pureed (2,3) ✓ Collard greens (2,3) ✓ Dates (3) ✓ Dates, paste (2,3) ✓ Fennel (2,3) ✓ Figs, puree and strain seeds, as needed (3) ✓ Flax seed, ground/meal (all) ✓ Garlic, as tolerated (all) ✓ Greens pureed (all) ✓ Collard greens (2,3) ✓ Hemp seeds (all) ✓ Jerusalem artichoke (2,3) ✓ Jicama (3) ✓ Kale, w/ stems (3) ✓ Kale, leaves only (2,3) 	<ul style="list-style-type: none"> ✓ Leeks (3) ✓ Leeks, purred (2,3) ✓ Mustard greens, w/ stems (3) ✓ Mustard greens, leaves only (2,3) ✓ Nuts, whole (3) ✓ Oat flour (all) ✓ Oats, oat groats, rolled oats (all) ✓ Okra, w/ stems (3) ✓ Okra, leaves only (2,3) ✓ Onions, cooked (2,3) ✓ Onions, pureed (all) ✓ Onions, raw (3) ✓ Peas (2) ✓ Prunes (2,3) ✓ Rutabaga (2,3) ✓ Scallions (2,3) ✓ Scallions, pureed (all) ✓ Seeds, whole (3) ✓ Sweet potatoes (2,3) ✓ Yams (2,3) ✓ Yucca (cassava) (2,3)
Healthy Fats Never hydrogenated	2 servings	1/2 avocado 1 tbsp chia/ flax/ hemp 1/4 cup nuts/seeds 2 tbsp nut/seed butters	<ul style="list-style-type: none"> ✓ Avocado (all) ✓ Chia, as tolerated, (all) ✓ Flax seed, ground/meal (all) ✓ Hemp seed, as tolerated, (all) 	<ul style="list-style-type: none"> ✓ Nuts, whole (3) ✓ Nut & seed butters (all) ✓ Oils, almond, avocado, canola, coconut (limit due to saturated fat), flax, grapeseed, olive, walnut (all) 	<ul style="list-style-type: none"> ✓ Oils, safflower, sesame, sunflower (limit due to omega-6 content) (2,3) ✓ Seeds, whole (3)

Vegetables (fresh/ frozen/ caned; low salt) May need to puree depending on phase/tolerance.	4+ servings	1 cup raw 1/2 cup cooked	<ul style="list-style-type: none"> ✓ Acorn squash (all) ✓ Algae, blue-green, spirulina, powdered or pureed, (all) ✓ Artichokes (2,3) ✓ Asparagus (2,3) ✓ Beets (caution in Phase 1) (all) ✓ Bell peppers, cooked (2,3) ✓ Bell peppers, raw (sweet better tolerated than green) (3) ✓ Black radish (3) ✓ Bok choy (2,3) ✓ Broccoli (3) ✓ Brussel sprouts (3) ✓ Butternut squash (all) ✓ Canned vegetables, no additives (2,3) ✓ Cabbage, regular or fermented 	<ul style="list-style-type: none"> ✓ Chard, w/ stems (3) ✓ Chard, leaves only (2,3) ✓ Chicory root (3) ✓ Chicory root, pureed (2,3) ✓ Collard greens (2,3) ✓ Cucumber (avoid waxed) (3) ✓ Dill pickles, no sugar (3) ✓ Eggplant (all) ✓ Fennel (2,3) ✓ Fermented vegetables (3) ✓ Green beans (all) ✓ Kale (3) ✓ Kale, leaves only (2,3) ✓ Leeks (3) ✓ Leeks, purred (2,3) ✓ Lettuce (2,3) ✓ Mushrooms (2,3) 	<ul style="list-style-type: none"> ✓ Onions, cooked (2,3) ✓ Onions, pureed (all) ✓ Onions, raw (3) ✓ Peas (2) ✓ Pumpkin (all) ✓ Rutabaga (2,3) ✓ Scallions (2,3) ✓ Scallions, pureed (all) ✓ Sea vegetables (nori) (all) ✓ Snow peas, strings and stems removed (2,3) ✓ Spinach, raw if stemless, cooked and pureed w/ stems (all) ✓ Sprouts (alfalfa, bean) ✓ Squash, summer (all) ✓ String beans (2,3)
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			(sauerkraut, kimchi) (3) ✓ Capers (2,3) ✓ Carrots (all) ✓ Cauliflower (2,3) ✓ Celery (3) ✓ Celery root (2,3)	✓ Mushrooms, pureed (all) ✓ Mustard greens, w/ stems (3) ✓ Mustard greens, leaves only (2,3) ✓ Okra, w/ stems (3) ✓ Okra, leaves only (2,3) ✓ Olives, black, green (2,3)	✓ Sweet potatoes (2,3) ✓ Tomatoes (2,3) ✓ Water chestnuts (limit to occasional intake) (2,3) ✓ Winter squash (all) ✓ Yams (2,3) ✓ Zucchini (2,3)
Fruits (fresh/ frozen/ canned/ dried; no added sugar) May need to puree or cook, depending on phase/tolerance.	4 servings	1 medium whole fruit 1/2 cup chopped 1/4 cup dried 100% Fruit juice only, water all juices down (all phases)	✓ Apples (2,3) ✓ Apple cider (all) ✓ Apricots (2,3) ✓ Avocado (all) ✓ Bananas (all) ✓ Blackberries(2,3) ✓ Blueberries (2,3) ✓ Cantaloupe, (2,3) ✓ Cherries (2,3) ✓ Citrus fruits (3) ✓ Coconut (2,3) ✓ Cranberries, cooked (3) ✓ Dates (3) ✓ Dates, paste (2,3) ✓ Figs, (3)	✓ Grapefruit (3) ✓ Grapes, red, black, purple (2,3) ✓ Guava (all) ✓ Kiwi (3) ✓ Kumquats (avoid waxed) (3) ✓ Lemons/limes (3) ✓ Lemon/lime juice (all) ✓ Lychee (2,3) ✓ Mangos (2,3) ✓ Melons (2,3) ✓ Nectarines (2,3) ✓ Orange (3) ✓ Papayas (2,3)	✓ Passion fruit (2,3) ✓ Peaches (2,3) ✓ Pears (2,3) ✓ Persimmon (2,3) ✓ Pineapple (2,3) ✓ Plums (2,3) ✓ Pomegranate(3) ✓ Prunes (2,3) ✓ Raisins (2,3) ✓ Raspberries (2,3) ✓ Starfruit (2,3) ✓ Strawberries (2,3) ✓ Tangerines (2,3) ✓ Watermelon, seedless (2,3)
Lean Protein Trim fat, cook well, meats may need to be ground depending on phase/tolerance, no skin on poultry	3+ servings	3 oz. meat, 4 oz fish 1/4 cup cooked beans 1/4 cup nuts/seeds 2 tbsp nut butters 1 egg	✓ Beans (Aduki, Black, Edamame, Garbanzo, Chickpeas, Haricot, Kidney, Lima, Navy) (3) ✓ Beans, pureed, well-cooked (Aduki, Black, Garbanzo, Haricot, Kidney, Lima), as tolerated (2) ✓ Beef, lean cuts (>90%) (all) ✓ Cheeses, aged (Asiago, Blue, Brick, Brie, Camembert, Colby, Cheddar, Edam, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Manchego, Monterey Jack, Muenster, Parmesan, Provolone, Romano, Roquefort, Stilton, Swiss) (limit due to saturated fat) (all) ✓ Chia, as tolerated, ground/pre-soaked as needed (all) ✓ Chicken, light or dark meat (all)	✓ Cottage cheese, low fat, cultured (dry curd, Farmer's Cheese, Hoop Cheese) (all) ✓ Crab, minced (2,3) ✓ Crab, whole (3) ✓ Duck (3) ✓ Eggs, omega 3 (all) ✓ Flax seed, ground/meal (all) ✓ Fish, canned (e.g., sardines, small bones OK) (all) ✓ Fish, low mercury, no bones (all) ✓ Goat, lean cuts (>90%), (all) ✓ Goose, (3) ✓ Hummus, as tolerated (2) ✓ Kefir, (plain) (all) ✓ Lamb, lean cuts (>90%), (3) ✓ Lean meat (≥90%) ✓ Lentils (3)	✓ Miso, refrigerated, with live cultures (all) ✓ Nut & seed butters (all) ✓ Lobster, minced (all) ✓ Nuts, whole (3) ✓ Poultry, skinless ✓ Prawns, minced (2,3) ✓ Prawns, whole (3) ✓ Scallops, minced (all) ✓ Scallops, whole (2,3) ✓ Seeds, whole (3) ✓ Shrimp, minced (2,3) ✓ Shrimp, whole (3) ✓ Soy (3) ✓ Split peas (3) ✓ Tofu (2, 3) ✓ Tempeh (3) ✓ Tuna (limit d/t mercury) (2,3) ✓ Turkey, light or dark meat (all) ✓ Yogurt, Greek plain
Herbs/Spices (fresh or dried, w/out additives; no stems if fresh for Phases 1, 2)	1+ servings	1 tsp	✓ Allspice (all) ✓ Basil (all) ✓ Bay leaves (all) ✓ Black pepper (all) ✓ Cardamom powder (all) ✓ Cayenne, as tolerated (3) ✓ Chile pepper powder, as tolerated (3) ✓ Chili powder, as tolerated (3) ✓ Cilantro (all) ✓ Cinnamon (all) ✓ Clove powder (all)	✓ Coriander (all) ✓ Cumin (all) ✓ Curry powder (all) ✓ Dill (all) ✓ Fenugreek leaves (all) ✓ Fenugreek seeds (3) ✓ Garlic, as tolerated (all) ✓ Ginger (all) ✓ Marjoram (all) ✓ Mint (all) ✓ Mustard powder (all) ✓ Mustard seed (3)	✓ Nutmeg (all) ✓ Oregano (all) ✓ Paprika, as tolerated (all) ✓ Parsley (all) ✓ Rosemary (all) ✓ Saffron (all) ✓ Sage (all) ✓ Salt (all) ✓ Thyme (all) ✓ Turmeric (all) ✓ Vanilla extract, pure (all) ✓ Vanillin (all)
Beverages	8+ servings	8 oz.	✓ WATER FIRST!!!! (all) ✓ Apple cider, diluted (all) ✓ Club soda (all) ✓ Coffee, as tolerated (all) ✓ Fruit juices, 100%, watered	✓ Non-dairy milks (all) ✓ Seltzer water, naturally flavored (all)	✓ Teas, herbal, as tolerated (all) ✓ Teas, green & black (all) ✓ Tomato juice (2, 3)

			down, no sugar (all)
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